## LEHI FIRE DEPARTMENT



Fire Chief
Dale Ekins

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# Fully involved

VOLUME XVIII

OCTOBER 2011

### "It Takes A Whole Community to Raise Your Kids"

After a few years of marriage and several young kids, I heard this statement "It takes a whole community to raise your kids." I thought, what is that all about? We thought, as parents, that we had a handle on how to raise our kids and had come up with our own "family rules" to help guide our little family. We were naïve enough to think that our children would obey us and always make good choices. After all, we were the ones who fed,

clothed, and provided all of the needs for our young children. They were completely dependent on us. Not only that, but our motives and aspirations for them were honorable and we truly loved them. We didn't need any help from the outside; we could handle this "raising the kids" job.

It did not take long for our older boys to help us realize that as kids grow up they are influenced by many factors other than family that we needed to recognize. At the top of the list are their friends. Peer pressure and acceptance, to them, is more important than family rules. For instance, when two or three teenage kids decide to sneak the family car away for a few hours to go by a girlfriend's house, when the house rule that states that you need to have a driver's license, permission goes out the door and excitement and danger overtakes common sense. Not to mention the kids are only 14 years old. Coaches, school teachers, neighbors, and relatives are influences on our kids that we need to recognize early in our child raising days and help cultivate those relationships to assist us in building solid adults. It does take more than your own family to raise your kids as the influences are many that our children respond to.

Because of limited resources, and to provide effective fire department services to our communities, we need to take advantage of our neighboring fire departments and their resources to safely mitigate our emergencies. Our surrounding cities have limited resources as well, so we need to cultivate relationships with them to help them mitigate problems within their boundaries. For that reason we have joined in with northern Utah county fire agencies to form a metro agency, to train, standardize policies, and practice our skills to maximize our capabilities for the benefit of our citizens. Currently our Metro consists of 4 neighboring cities (Lone Peak, Saratoga Springs, Eagle Mountain and Lehi) with signed agreements by each city to encourage and ratify our relationships. We are hopeful to include American Fork and Pleasant Grove in this agreement soon. If any of these cities are in need of extra help with a larger incident, dispatch immediately calls for assistance from these cities to help the others in need. In this way we are able to have more resources that any one city could provide by itself.

We appreciate the support of our city leaders and the willingness of our neighboring fire departments to participate and share our resources for the benefit of our citizens. We also appreciate our department leaders who envision ways in which to save money but still be effective in our reaction to our emergency incidents.

Like raising a family, fulfilling our jobs as firefighters takes more than just one resource to handle our respective jobs effectively. We need our neighbors and their resources like our families need school teachers, neighbors, scout leaders, church leaders, and others to help raise our children. This is why we have put so much emphasis on our relationships with our Metro, LEPC, Utah County, mutual aid and other resources available to us.

### **MOTIVATION**

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresea, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein." ~Life's Little Instruction Book, compiled by H. Jackson Brown, Jr.

It is **ALL** about motivation. Motivation is not something that you should have every now and then. Motivating yourself to excel at what you do, or to be an example for others, is something that a true entrepreneur or dedicated employee will always be doing. It's an ongoing process that includes all aspects of your professional life. Your attitude, appearance, spiritual well-being, and interactions with others all come into play.



Captain Jake Beck

Staying motivated is much easier than you think. "Experts" would charge you a pretty penny to "lay down the law" to professionals and entrepreneurs alike, conveying a road map for motivational success. I'm going to tell you something interesting: you don't need to pay anyone anything to learn the secrets to staying motivated. But in all seriousness, the question certainly remains: how do you do it?

Simple. Follow five steps, and watch the changes as they happen.

#### 1) Maintain a Positive Attitude

Life is 10% about what happens to us, and 90% about how we react. Think back to every argument you've ever had and try to imagine something that you could have done to defuse the argument while it was in its infancy. Chances are it has something to do with how you reacted.

We, as people, are responsible for our own actions. When you are around people that are positive, you'll find it much easier to act in the same way. You'll have more confidence in yourself, you'll smile more often, and your "problems" will be easier to solve. The same can be said for your workplace: enter the fire station with a smile on your face and a hop in your step and you'll create the mood. Watch how quickly others will follow.

#### 2) Leave Personal Problems at Home

Life can get you down. We all know that, as we've all experienced one thing or another that has "sank our ship" and left us feeling less than ecstatic. Your problems don't belong at work, so when you enter your workplace turn your attention (and energy) to your job. This has the added benefit of, along with making you a much easier person to deal with, giving your mind a mental break from whatever your problems are. You know how a lot of people say that stress isn't good for your health? They're right, so give your mind a chance to chill out..

Close your eyes and think of three great things you'd like to do or accomplish. Write them down. Now, open your eyes and read what you wrote. The reason why you write your goals and objectives down is because it's the first step in making them tangible. Having your goals recorded on paper will allow you read them whenever you want, and having them written down means that they are unchanging. Short of destroying the piece of paper, there's not much you can do to change what you've written, is there?

Repeating your goals out loud is always a great way to reinforce what you've written.

#### 4) Take a Break

Are you one of those people who works during your breaks? **Stop immediately**. It may be hard to be lieve, but your mind needs time where it can relax and unwind. Taking regular breaks will allow you to focus better, as well as give your mind to digest any challenges or problems that you may have. Most importantly, taking breaks relieves tension.

#### 5) Exercise

I already know what you're thinking, "oh no, here he goes again preaching about exercise". Yes, I am preaching about exercise, and there's a reason for it. Exercise is kind of like cigarettes: at first, your body doesn't know how to handle the stress, and as a result you're sore. After a little while, however, exercise becomes that sweet, soothing rush that helps you relieve stress and cope with your emotions. Every mile on the treadmill burns calories, strengthens muscles, and gives your mind the physical stimulation it needs to be healthy. Take advantage of the time that you're allotted each shift to exercise! There's a reason why health nuts say that working out is more addictive than crack: because it is. At least this addiction won't eventually kill you.

All it takes on your part is concentration. Stay motivated, stay positive- it always leads to success.



Firefighter Dusty Smith

#### DS SALSA

#### **Ingredients:**

2-Bundles of Cilantro

3-Large Cans Petite Deiced Tomatoes

2 tsp. Salt 2 tsp. pepper

1-Red Onion

2 tsp. pepper

2-4 Jalapenos

½ tsp. Cumin

2-4 Jaiapenos

<sup>1</sup>/<sub>4</sub> Cup Sugar

2 TBS Chili Powder2 TBS Minced Garlic

wder

Jalapenos – The White membrane where the seeds are attached to is where the heat comes from, so separate the membrane from the shell. Save the membrane.

Finely dice the jalapenos, Onion and Cilantro (Cut off as much stem as possible). Drain 2 of the cans of Tomatoes. Take membrane from Jalapenos and mince it. After all the ingredients are added, add the minced membrane in a little at a time until you reach desired heat. (TIP: Make it a <u>little</u> hotter then add sugar to cool back down)



#### Firefighter Clark Clifford

## Featured Call

At 0100 hrs on September 19, 2011, Company 81 responded to the freeway overpass of the Main Street exit for a MVA. Dispatch advised minor injuries to a single patient. As Engine 81 arrived at the entrance to the Main Street off-ramp multiple vehicles were reversing and getting onto I-15. As the vehicles cleared we saw multiple car batteries scattered across the off-ramp. The engine was blocked and A81 was able to proceed around the engine and make access to the patient's vehicle that had come to rest between the offramp and I-15. The Captain and firefighter exited to assist A81 with patient care.

With the scene lighted, the engine was able to make contact with the patient and the severity of the situation became apparent. The patient's vehicle had run through a freeway construction zone taking out cones, a large digital directional sign, thus the batteries, and coming to rest with the driver's side pinned to the embankment of the freeway.

The patient had an altered level of consciousness and his legs were trapped under the steering wheel and dashboard.

Battalion 81 and Tower 82 were requested. A helicopter was also requested to transport the patient once he was removed. Extrication equipment was taken to the vehicle and set up. The vehicles keys were removed. The hood was spread to disconnect the battery. Trim on the passenger side was pulled to check for unexploded airbags. The decision was made to perform a roof removal and a b-post blowout to get the patient safely out of the vehicle with his spine secured. Tower 82 arrived and assisted with the extrication.

With the roof and passenger side of the vehicle removed, the patient was ready to be packaged. A backboard was placed behind the patient and the seat was reclined. The patient was pulled up the board and moved out onto the trunk. The patient was taken to A81 for reassessment and treatment while the helicopter was landing on the now shutdown I-15.

The patient was transferred to Life Flight and taken to Utah Valley.

Points that hit home after reviewing this call:

- Just because you're wearing your vest on scene doesn't mean that your scene will remain safe throughout the call. Luckily, not a single construction worker was hit during the accident.
- If you think you're going to need resources get them coming. The decision to call for resources was made early and really made light work of the situation. It's better to look down the street and see a company standing there than to look down the street waiting for the company to arrive.







**Live Burn Training** 

### **Current Events**

This September marked the 10 year anniversary of the September 11th attacks. Lehi Fire Department was joined by family, friends, and local dignitaries for a memorial event held at Station 81. Thank you to our captains for putting together a great memorial. Also, thanks to

the speakers: Mayor Wilson, Chief Dale Ekins and Battalion Chief Rick Howard. The memorial was also featured on Fox 13 news.









Engineer Dan Harris

Scott Wilbur and Brandon Howard have successfully completed their Paramedic program's and recently passed the National Registry tests. They is now officially Paramedics! Congratulations Scott and Brandon we all know how hard you worked to achieve this!



(Bryce Longaker upon completing his epic Wasatch 100)

Bryce Longaker, who is an avid runner, completed the Wasatch 100 ultra-marathon this September with an amazing time of 29 hours and 17 minutes! For those of you who may not know, the Wasatch 100 is a 100 mile ,non-stop, endurance run which starts in Layton and finished at the Homestead in Midway. Sounds like a lot right? Did I mention that the run is entirely in the mountains on trails? There is over 26,800 feet of elevation gain over that 100 miles (that's almost the height of Mt. Everest!), just to make sure its not to easy.

## October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Bountiful Baskets Food Co-op - station 82
2	Payroll 3	4	5	6	7	Bountiful Baskets Food Co-op - station 81 & 82
9	Columbus 10 Day SRT Training @IM Flash	11 Fire Pr	12 SRT Training @IM Flash eventio	13 Officer's Meeting @ station 82  n Week	14	Bountiful Baskets Food Co-op - station 81 & 82
16	Payroll 17	18	19	20	21	Bountiful Baskets Food Co-op - station 81 & 82
23	24 Lifeflight Launch	BLS & ACLS Training @ Station 82	tht Launch BLS & ACLS	27 28  BLS & ACLS Training @ Training @ Station 82 Station 82	29	
30	Halloween 31					

## Preplan - The Nook & Cranny Boutique

The Nook & Cranny Boutique is a business that was founded after one of Lehi City's oldest supply shops closed down. Peck Building Supply sold construction materials to many businesses until it finally closed a few years ago. The Nook & Cranny became the newest building occupants and specialize in boutique items. Located at 115 E. State Street this business has three building's it operates in. The main building is on the street side and is set up like a typical store with aisles and shelving. In the secondary building, which is attached on the C/D corners, is a two story building that is mainly used for storage of inventory. This building is more rectangular shaped and connects to the D side of the final building. The third and final building is an open building with antiques, furniture, and other home furnishings. This shop is where the bigger items are displayed for sale.



**Engineer Jeff Smith** 

None of these buildings are protected by a sprinkler system and have no alarming systems. Electrical shut off can be found on the D side and the gas shut off can be found on the B side. This is a Type III constructed building with high fire load. The roof construction is asphalt and tin over wood shake and the flooring is constructed of wood as well. Water supply could initially pose a problem for arriving fire units. There is no nearby hydrant on the street side near the business. The nearest hydrant is located at 170 E. State Street and water supply hose would need to lie across State Street. Anticipated fire problems would include: the high fire load, no sprinkler protection, no alarms system and water supply issues. To get a better idea of the building layout, I would recommend fire crews conduct their own pre-plan to see the layout and any fire related problems.











## OCTOBER BIRTHDA

- Weston Adams 10/11

- Kerry Evans 10/2 Ryan Rieski 10/20
  - \* Mark Loveridge 10/21
- \* Randy Wells 10/20 \* Clark Clifford 10/25





#### **CALL TOTALS**

**Station 81 Station 82** 

**Medical: Medical**: 71 40 Fire: 29 Fire: 24

**Total: Total:** 100 64